

Chicken Curry

6-8 marinated and chopped chicken breasts or
8-10 marinated chicken pieces
2 spanish onions or 5 regular onions chopped
3 tomatoes, diced
2 bell peppers, 1 red, 1 yellow, chopped into strips
1 litre of chicken stock
1 bunch of corriander coarsely chopped
4-5 cloves of garlic, minced
1 large knob of ginger
1 cup cooking oil
1 tsp chili powder
2 tblsp curry powder
1 tsp red mustard seed
1 bay leaf
1 red chili, fresh or dry
1/2 tsp salt
1/2 tsp freshly cracked black pepper
1 lemon

MARINADE

1 cup cooking oil
1/2 of the ginger, grated
2 cloves of the garlic, minced
1/2 of the chopped corriander
1 tblsp curry powder
1/2 tsp chili powder
pinch of salt
pinch of black pepper
1 tsp red mustard seed
juice of 1 lemon

Combine chicken with the ingredients of the marinade and refrigerate overnight.
Fry chicken on medium high for 10-15 mins., stirring occasionally.
Once meat is browned, remove from pan and place in baking dish.
Fry onions on med-high in same pan, using the juices from the chicken for 10-15 mins.
or until golden, adding the rest of the garlic and ginger 3/4 way through.
Remove from pan and add it to the chicken in the baking dish.
Deglaze the pan with 1 cup of the chicken stock and the diced tomatoes.
Add to baking dish with the rest of the stock, chili, chili powder, curry powder,
bay leaf, salt and pepper.
Bake for 1 hr. at 375-400°F, adding the bell peppers and rest of the corriander during
the last 15 mins. of baking, stirring occasionally.
If the curry seems to be reducing a little to quickly, you can always add a cup of water
during the baking time. Serves 4-6 people.